



Little chef  
recipe

# Beetroot muffins

## Ingredients for 4 muffins

100 g whole wheat flour  
2 pre-cooked beetroots  
1 small banana  
125 ml (vegetable) milk  
Handful of raisins or dates  
1 teaspoon cinnamon powder  
1 teaspoon baking powder

## Supplies

- A bowl
- An apron
- Food processor or hand blender
- Muffin tins
- Spoon

## Instructions

- ♥ Gather all the supplies and ingredients you need.
- ♥ Don't forget to put on your apron, because beets can cause stains!
- ♥ Preheat the oven to 180 degrees.
- ♥ Combine the (whole wheat) flour, baking powder and cinnamon in a bowl.
- ♥ In another bowl put the beetroot, banana, (vegetable) milk and raisins or dates. Mix this until smooth.
- ♥ Place the beet mixture in the bowl with the dry ingredients and stir until there are no more lumps in it.
- ♥ Prepare the muffin tins and fill the moulds a spoon.
- ♥ Bake the muffins in the oven for about 25 minutes.

**BASKER** ♥

